



VISION BOOK *Journal*

This Book Belongs To

INSPIRATIONAL QUOTES

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AFFIRMATIONS

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10 AFFIRMATIONS

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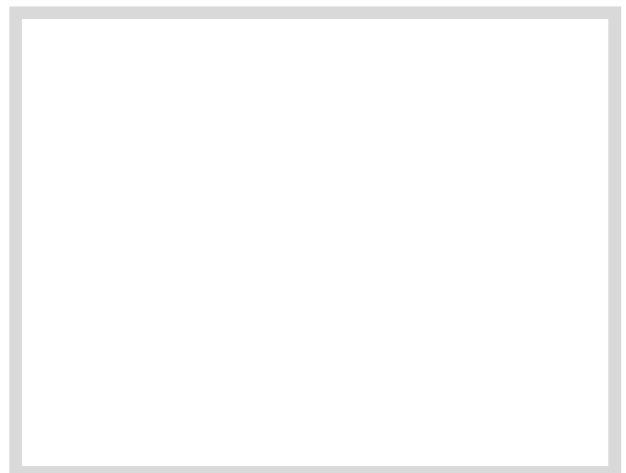
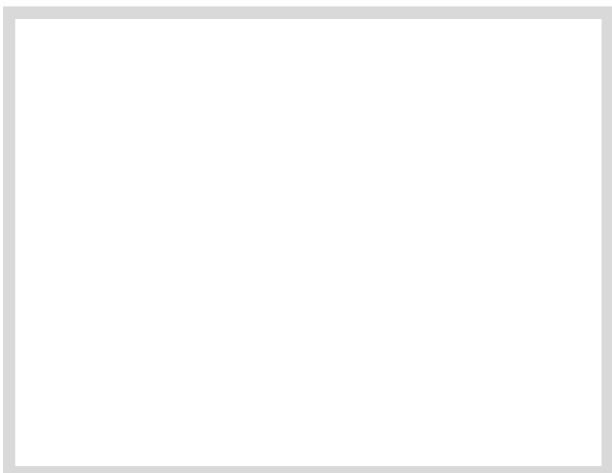
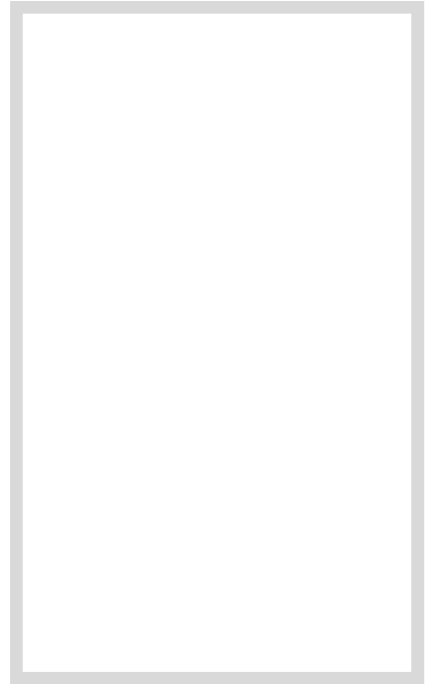
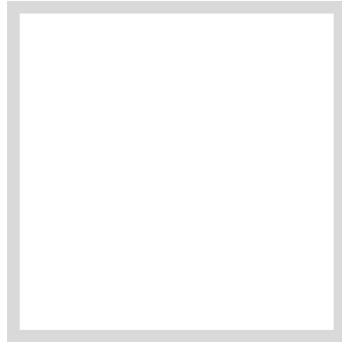
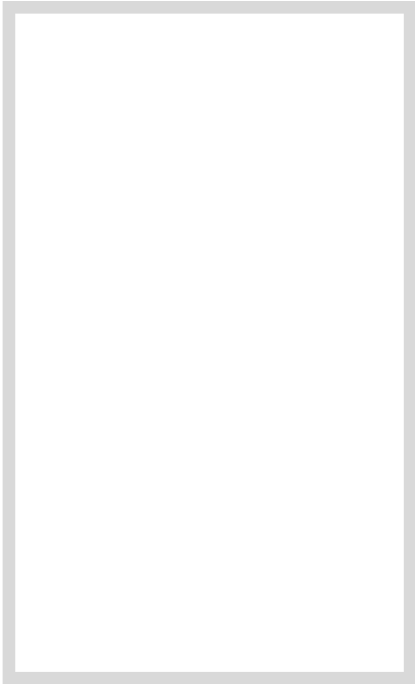
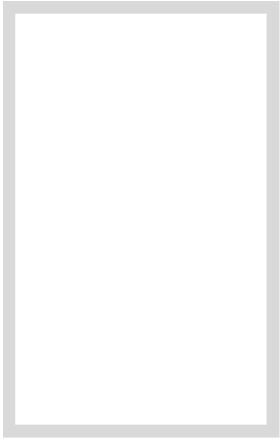
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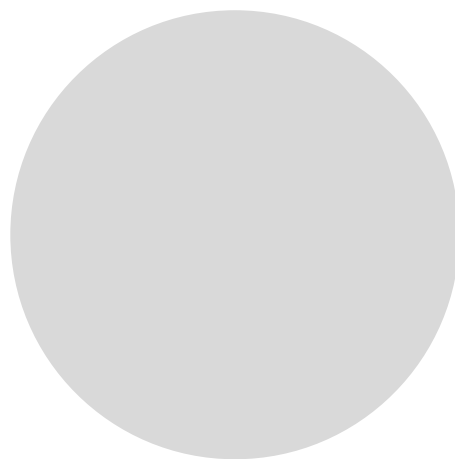
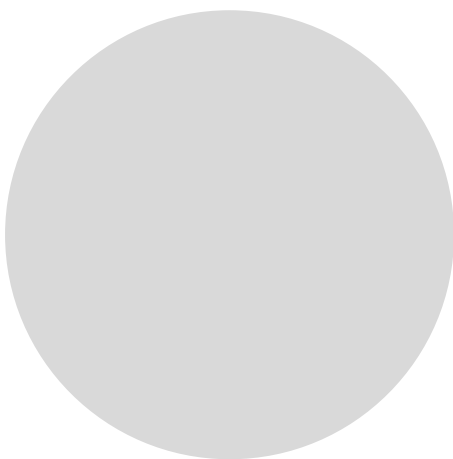
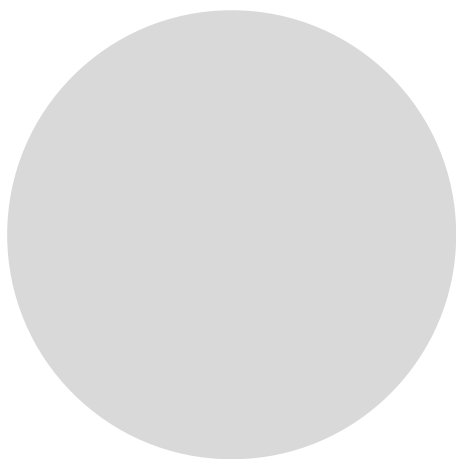
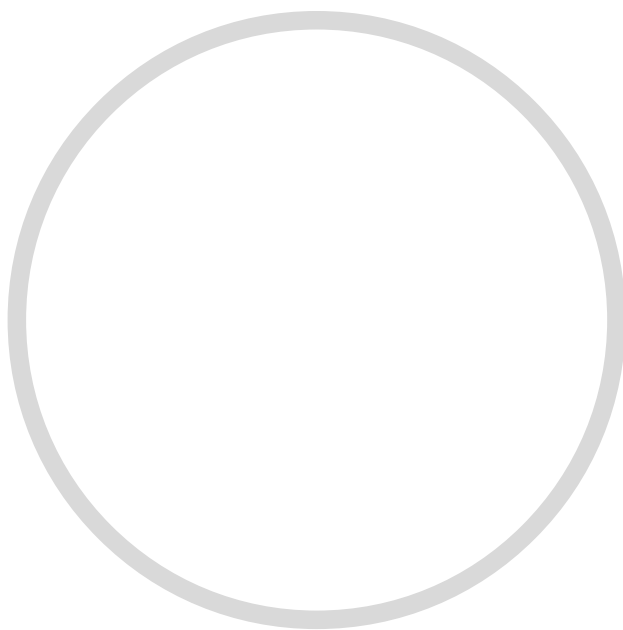
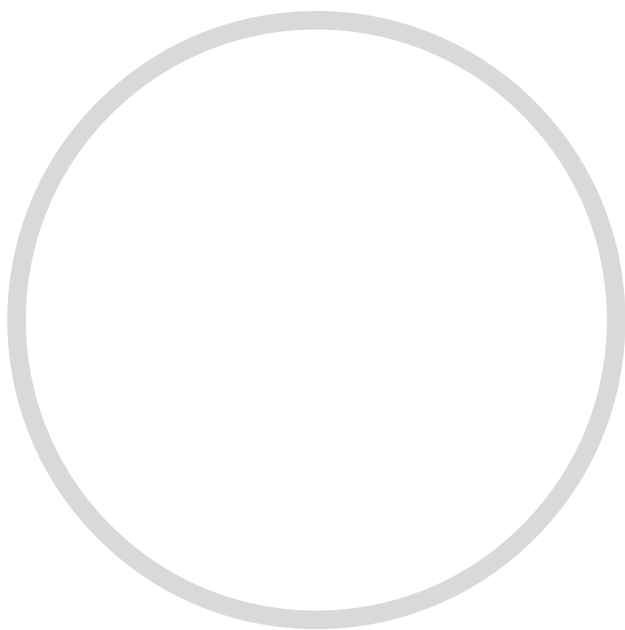
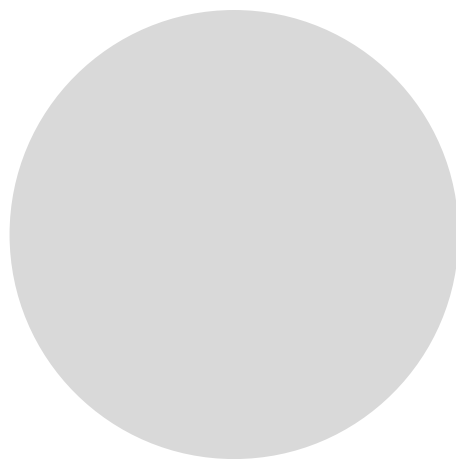
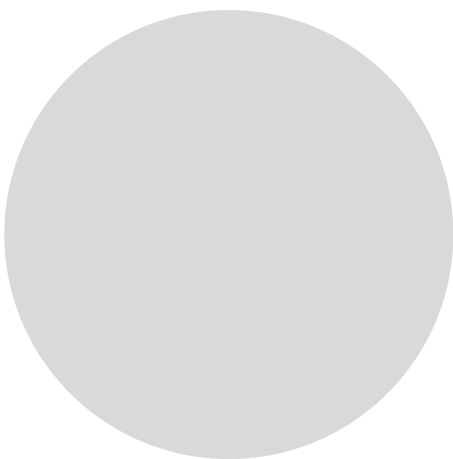
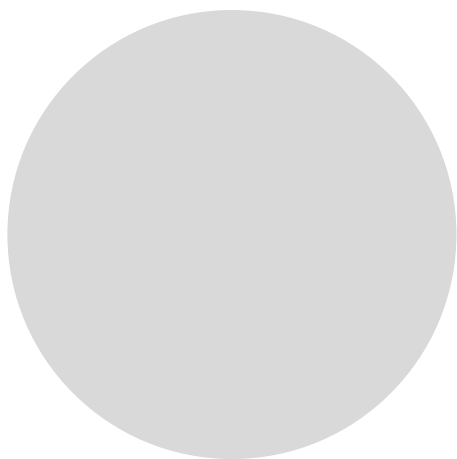
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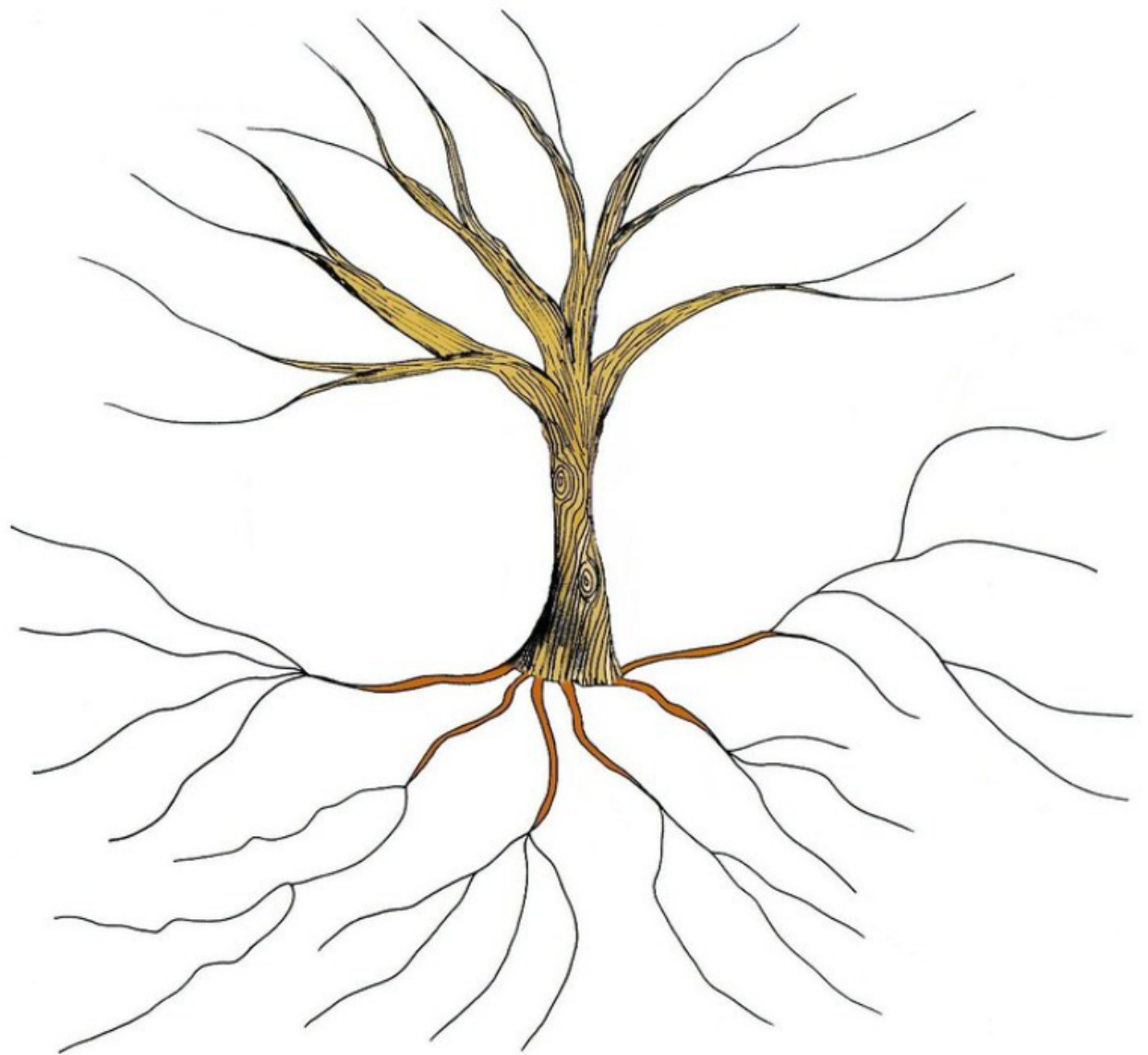
MIND MAP



MIND MAP



TREE OF THOUGHTS



EXPRESSING GRATITUDE

[illegible]

GRATITUDE JAR



KINDNESS TRACKER

MONTH _____

A circular kindness tracker chart. The chart is divided into 31 numbered segments, arranged in a semi-circle on the left side of the page. The numbers are: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. Each segment is a wedge-shaped area that tapers towards the center. From the outer edge of each segment, a thin line extends radially outwards to the right edge of the page. The entire chart is enclosed in a rectangular border.

I AM THANKFUL FOR

Think about everything that you have and what you have to be thankful for.

Draw a picture in the circle of something you are thankful for and write a sentence about it.



I am thankful for:

One sentence:

MY BEST SELF

Habits to Change

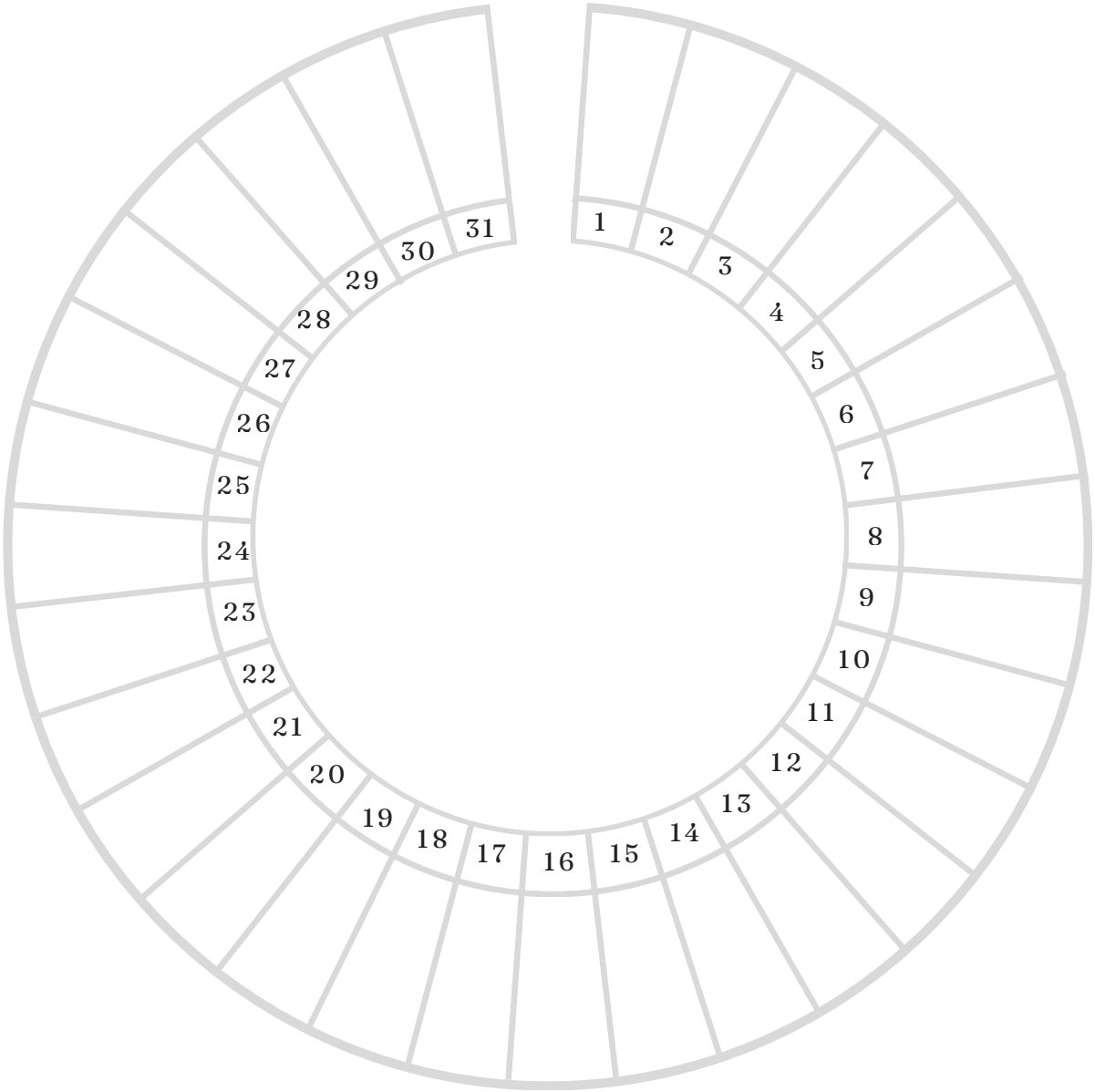
Skills to Learn

Values to Enhance

Qualities to Adopt

MOOD TRACKER

MONTH _____



NEUTRAL	TIRED	STRESSED	
GRUMPY	SICK	SAD	
RELAXED	HAPPY	ANGRY	

VISION BOARD

Career	Finance
Friends	Love
Personal Growth	Health
Leisure	Home

VISION BOARD

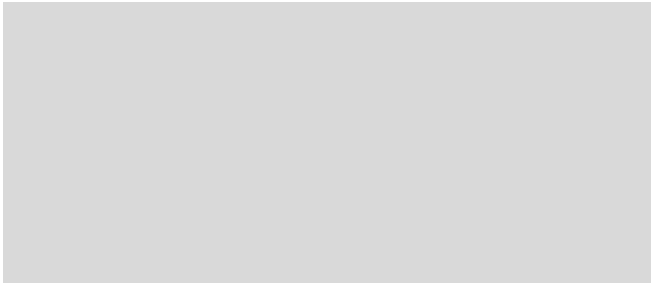
WHAT I'D LIKE TO ATTRACT



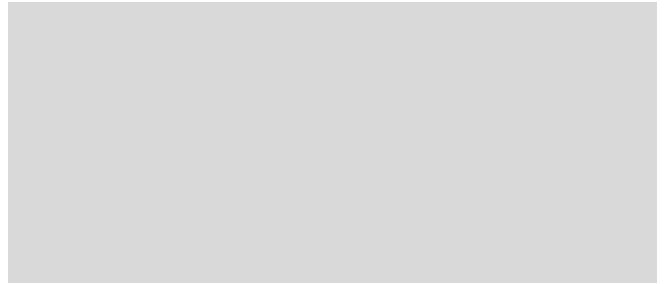
SPIRITUALITY



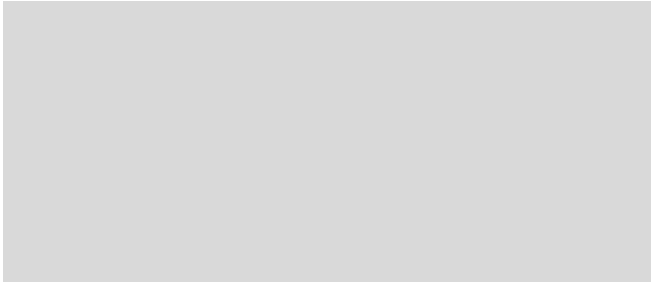
PHYSICAL HEALTH



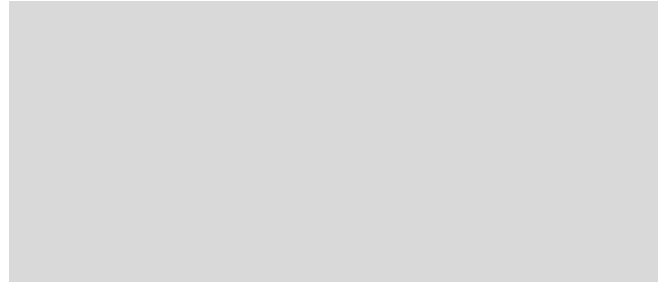
SELF LOVE



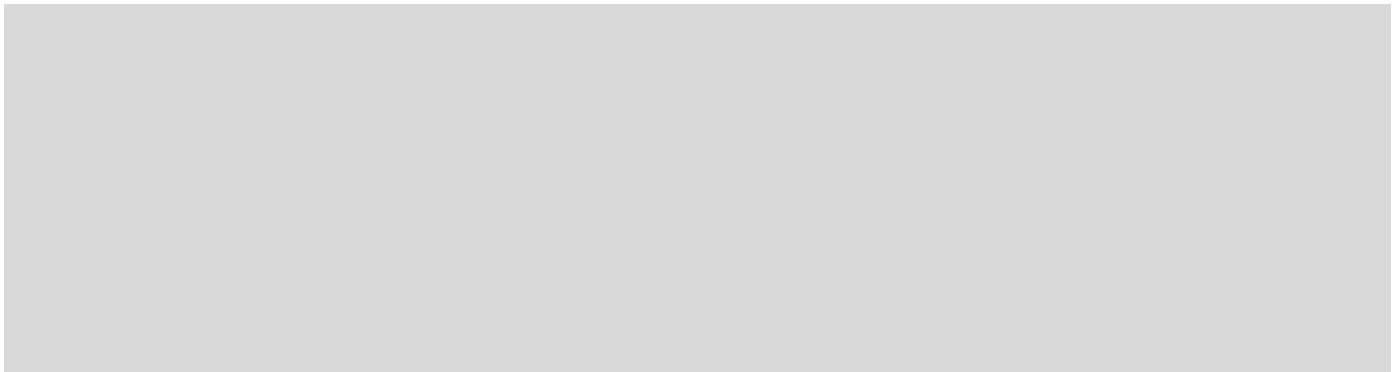
MY FAMILY



MONEY MINDSET



MY BIG GOAL

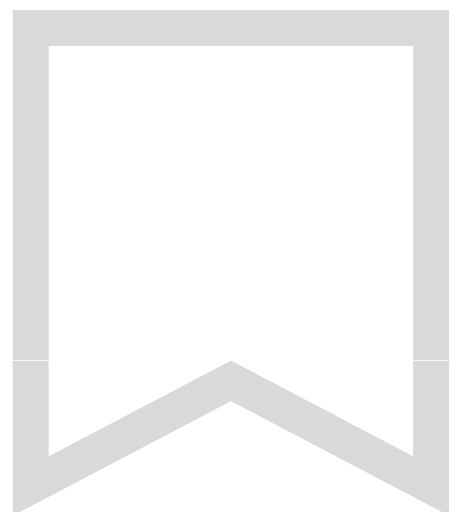
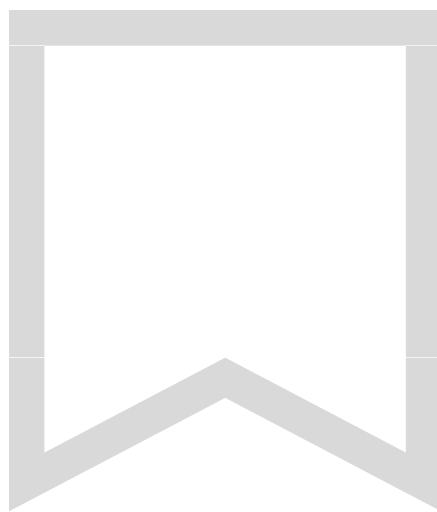
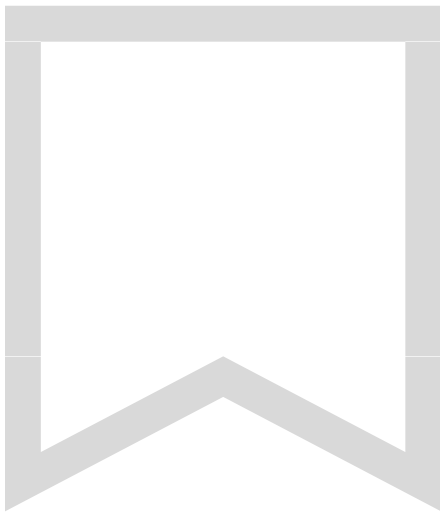


MY VISION BOARD

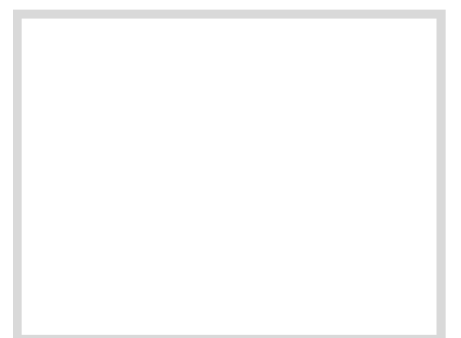
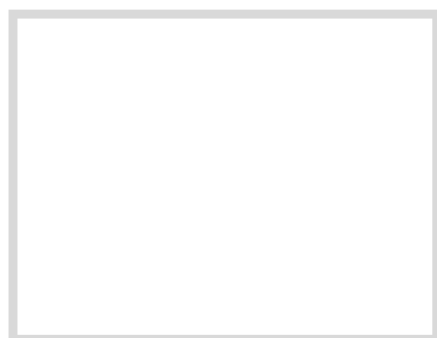
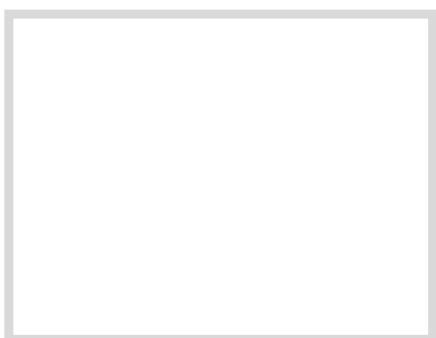
MY FAVOURITE QUOTES



MY SAFE SPACE TO RELAX



MY GOALS



MONTHLY VISION

Celebrate Last Month

Goals, accomplishments, blessings

Envision

What do you want to happen this month?

Must Do This Month

personal

people

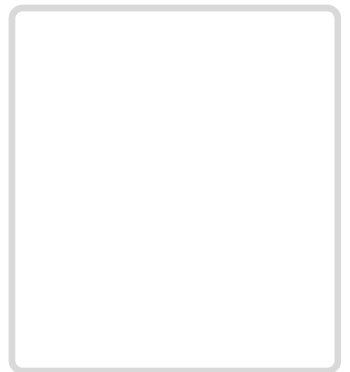
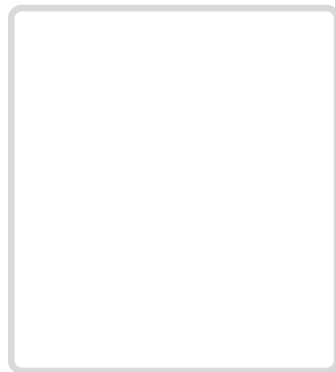
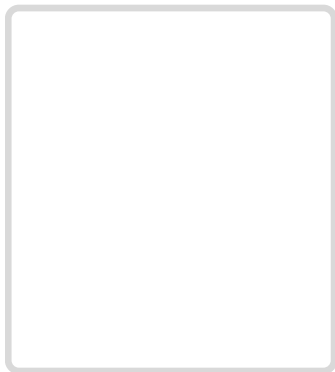
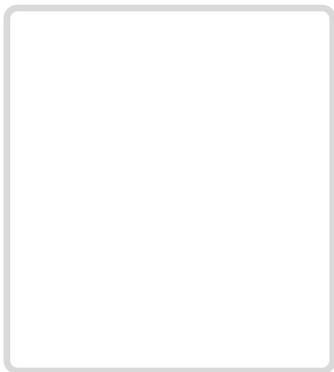
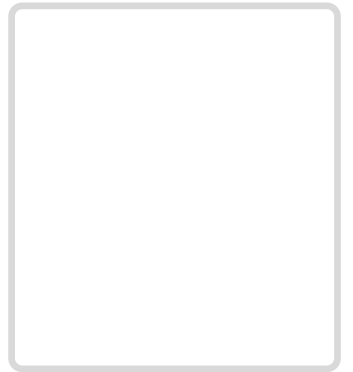
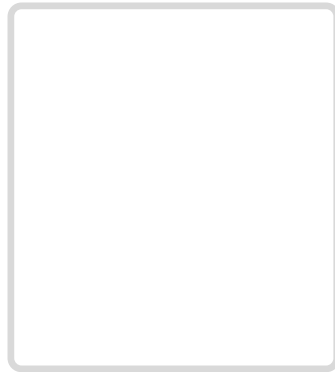
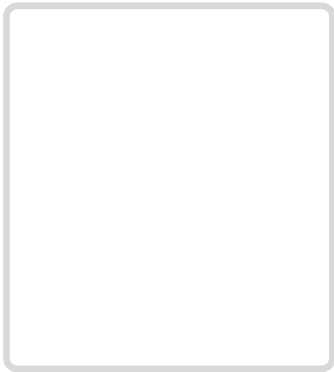
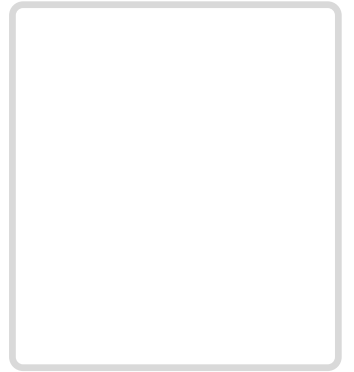
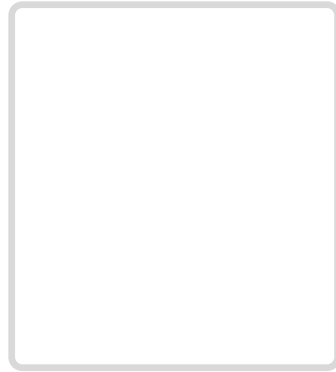
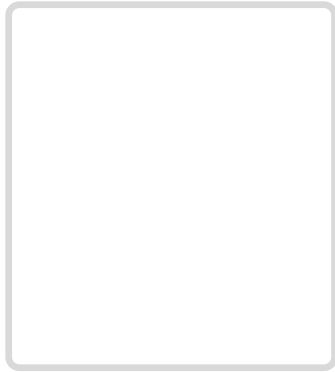
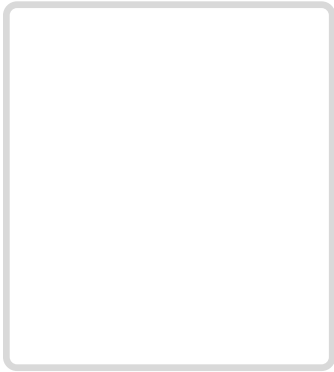
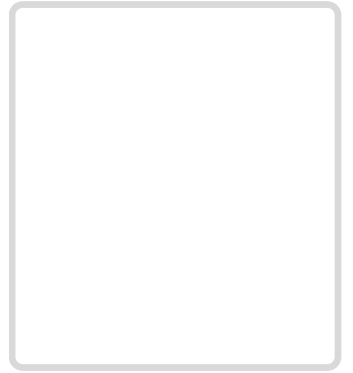
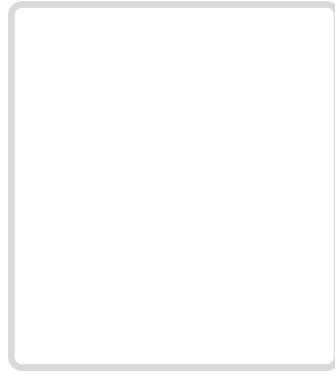
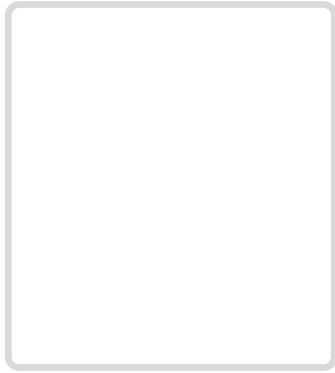
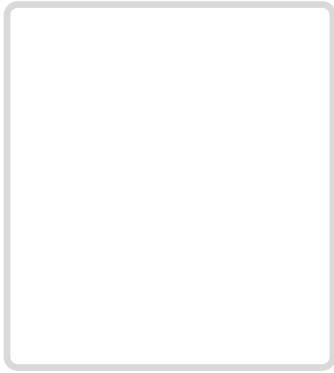
passion

purpose

projects

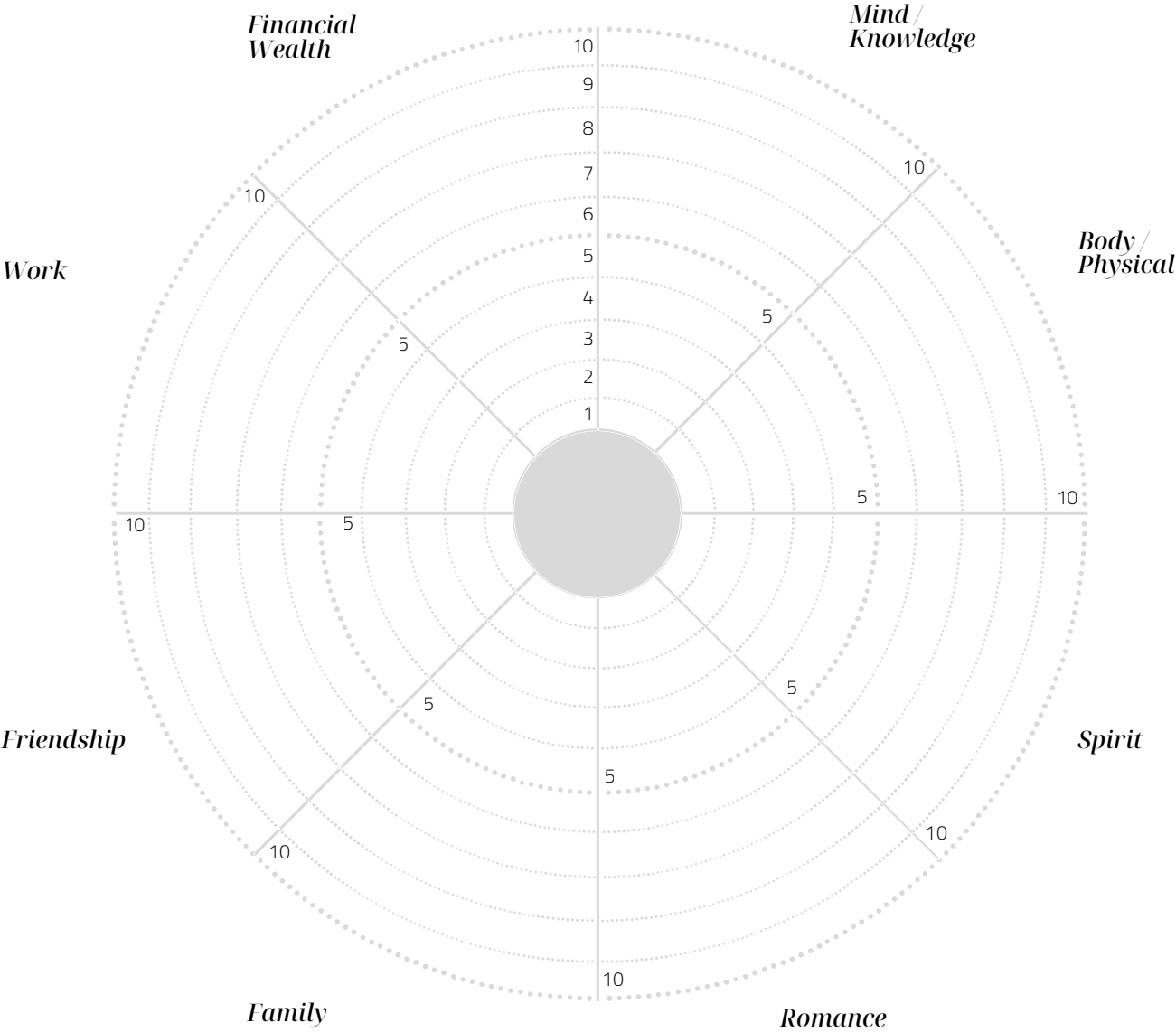
Events

MY AVERAGE DAY



LIFE WHEEL

MONTH _____



NOTES

YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
		☐
		☐
		☐
		☐
		☐
		☐

GOAL/S FOR TODAY'S YOGA SESSION

MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

VISUALIZATION

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

BUCKET LIST

DATE:

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NOTES

LETTER TO FUTURE ME

Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.



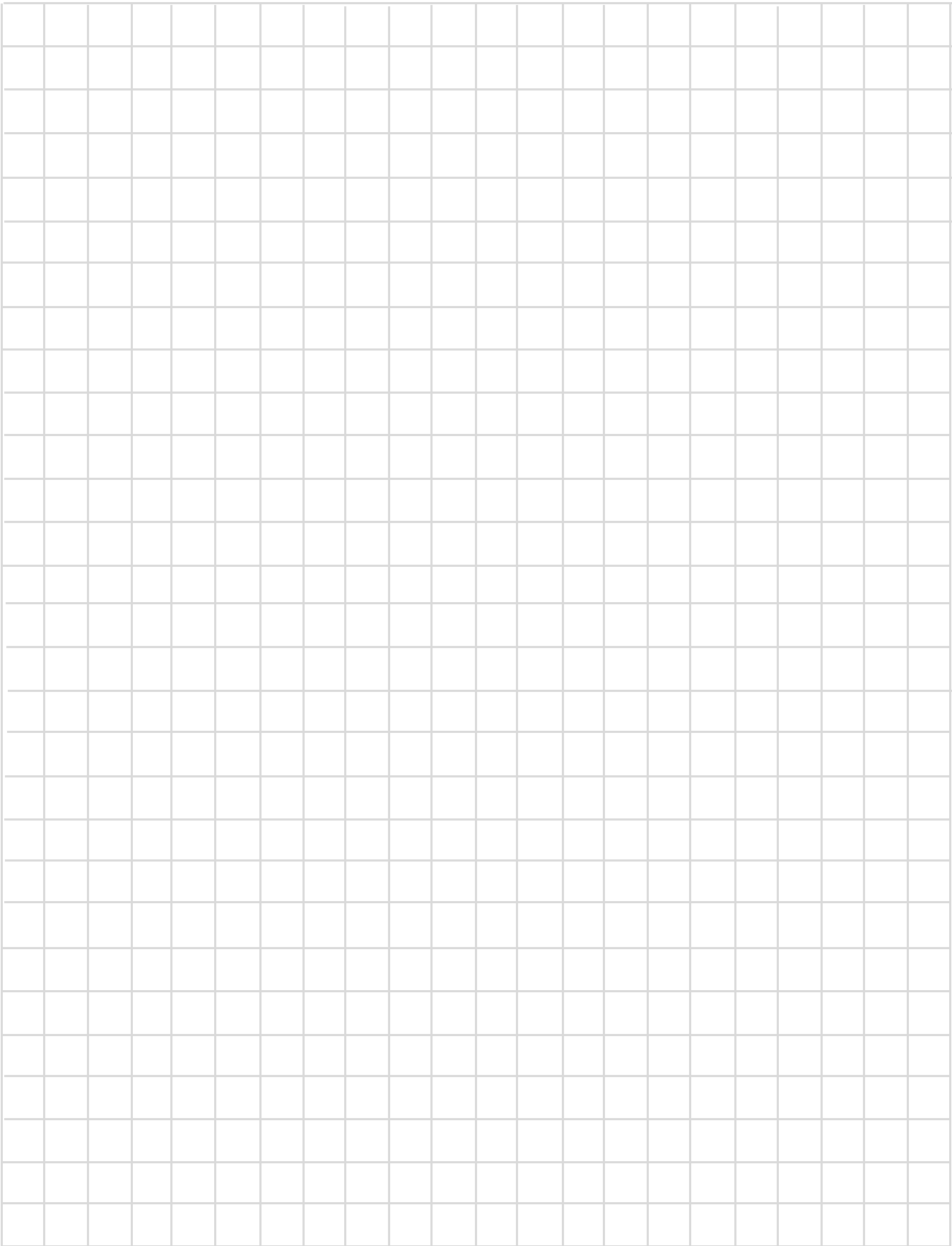
LETTER TO UNIVERSE

This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.



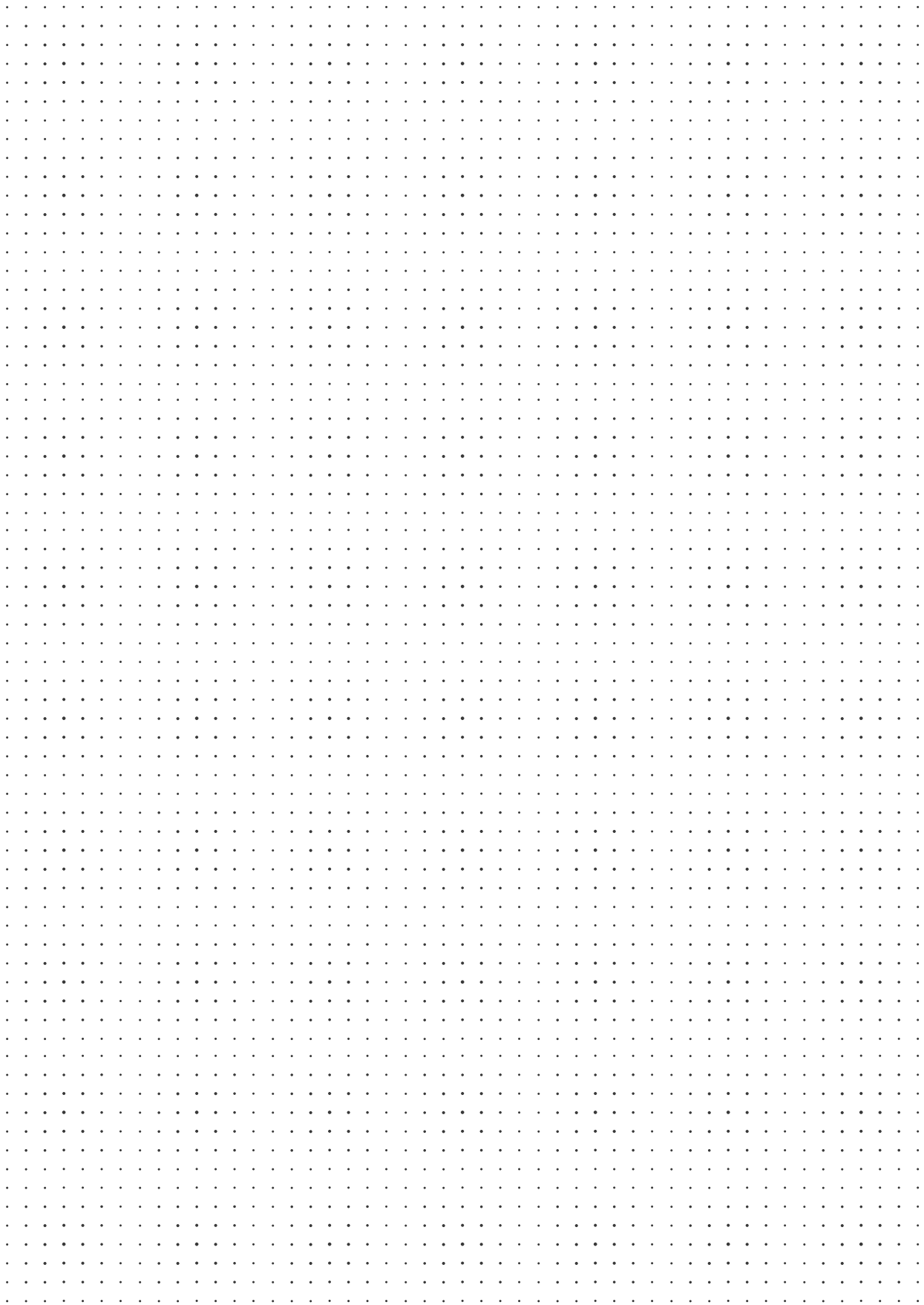
REFLECTIVE THOUGHTS

JOURNALING PAGES



JOURNALING PAGES

JOURNALING PAGES



JOURNALING PAGES



MY NEW REALITY
